

# eats.

Our new

# SPRING/SUMMER



Menu for 2019



Craig Byford  
Food Development Chef

## Welcome to the new Spring/Summer Menu for 2019

This new menu has been created with the help of our expert development team. This team is made up of our Heads of Kitchen from various schools across all regions who all bring a wealth of knowledge and experience. We have also taken on board feedback from parent, pupil and school surveys and used this information when developing this new offering.

We have some healthy new dishes and old favourites on the new Spring/Summer menu.

The new dishes are Chicken Pie in Gravy served with a separate pastry topping, Spring Vegetable Frittata and a Fruit Swirl Cake. We welcome back some popular favourites including the Pork and Apple Burger and Smokey Joe Chicken.

The focus on reducing sugar continues with our desserts. 'Fruity Thursdays' have proved popular and we have now moved this to a Friday instead. The choice of fresh fruit salad, fruit jellies and fruit flavoured yoghurt remains. Hopefully these recipes will prove to be as popular as ever, with the added health benefits of less sugar. Any feedback please email [info@eats-catering.co.uk](mailto:info@eats-catering.co.uk)

## PeasPlease

Making a pledge for more veg

eats will be playing our part in increasing vegetable consumption in the UK, by pledging to develop our menus to ensure that a minimum six varieties of vegetables and salads are available each week on our menus.

We've already made great strides in reducing sugar and salt across our primary menus – including using vegetables like beetroot and parsnip as natural sweeteners. Signing up to this national initiative provides us with the perfect opportunity to encourage children and young people to eat more vegetables. For further information visit: <https://foodfoundation.org.uk/peasplease/>

## Menu Changes

Please refer to your school website for any eats menu changes, these changes will be made due to school and pupil preferences.

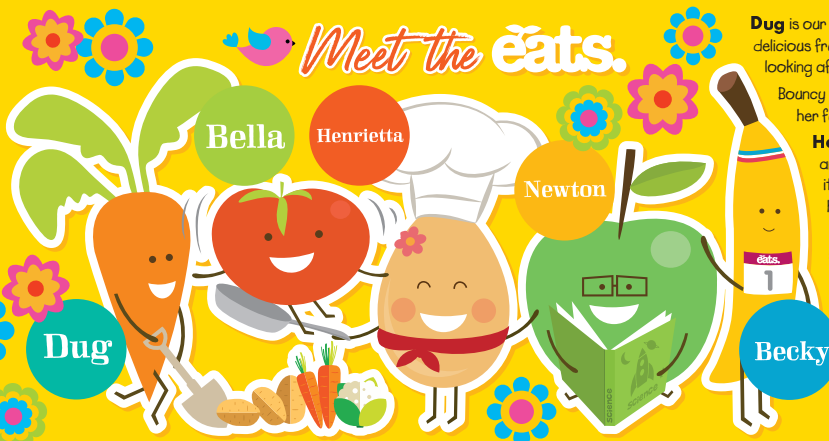
## Allergen Information

If your child has an allergy or food intolerance, please speak to the Head of Kitchen in your school who will discuss with you a range of alternative dishes to accommodate their dietary needs.

## Promotions

Check out your School's website for upcoming promotions and theme days.

## Meet the eats.



**Dug** is our down to earth champion for growing delicious fruit and vegetables and protecting and looking after the environment

Bouncy **Bella** loves to amaze her friends with her fun food facts and jokes.

**Henrietta** is a whizz in the kitchen and a little bit of an egghead when it comes to cooking and promoting healthy eating.

**Newton** is the brains of the bunch, sharing educational facts on nutrition and the science behind the food we eat.

Everyone knows that bananas are full of energy! **Becky** likes nothing better than playing sports with her friends and keeping active.

# eats.

## Week 1

### Week One commencing:

22nd April, 13th May, 10th June,  
1st July, 22nd July,  
16th September, 7th October

### Monday

Margherita Pizza  
or  
Pasta Spirals in Tomato Sauce  
with Garlic Bread  
  
Side Salad or  
Peas & Sweetcorn  
  
100% Fruit Ice Lolly

Low  
SUGAR

### Tuesday

Pork & Apple Burger in a Bun  
or  
Southern Style Quorn Burger in a Bun  
  
Baked Potato Wedges  
Mixed Vegetables  
  
Oat Cookie & Fresh Fruit Wedge

Low  
SUGAR

### Thursday

Roast Loin of Pork with  
Stuffing & Gravy  
or  
Cheese & Potato Pie  
  
Roast Potatoes  
Cabbage & Carrots  
  
Raspberry Apple Cake & Custard

### Wednesday

Chicken & Gravy Pie with  
Diced Potatoes  
or  
Vegetarian Bolognese & Pasta  
  
Peas & Carrots  
  
Chocolate Brownie  
& Vanilla Ice Cream

NEW

NEW

### Friday

Crispy Baked Fish Fillet  
or  
Vegetarian Hotdog Roll  
  
Chips  
Baked Beans & Garden Peas  
  
Fruity Friday - A choice of Fruit Jelly,  
Fruit Yoghurt or Fresh Fruit

Low  
SUGAR

### Available every day -

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration - a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch - see school's website for details

For information on allergens & intolerances visit [www.eats-catering.co.uk](http://www.eats-catering.co.uk)

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## Week 2

### Week Two commencing:

24th April, 20th May, 17th June,  
8th July, 2nd September,  
23rd September, 14th October

### Monday

Macaroni Cheese  
or  
Vegetarian Toad-in-the-Hole & Gravy

Herb Diced Potatoes  
Peas & Sweetcorn

Lemon Drizzle Sponge

### Tuesday

Chicken Meatballs in  
Tomato Sauce with Rice  
or  
Vegetable Frittata with Homemade  
Tomato Bread

Broccoli & Carrots

Fruit Cheesecake

NEW

### Thursday

Roast Chicken with  
Stuffing & Gravy  
or  
Cauliflower & Broccoli Bake

Roast Potatoes  
Cabbage & Carrots

Flapjack & Custard

### Wednesday

Pasta Bolognese  
or  
Jacket Potato with Beans,  
Tomato & Cheese

Side Salad  
Sweetcorn & Green Beans

Chocolate Crunch & Chocolate Sauce

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### Friday

Crispy Baked Fish Fillet  
or  
Vegan Nuggets

Crispy Chips  
Baked Beans & Garden Peas

Fruity Friday – A choice of Fruit Jelly,  
Fruit Yoghurt or Fresh Fruit

Low  
SUGAR

### Available every day –

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## Week 3

### Week Three commencing:

6th May, 3rd June, 24th June,  
15th July, 4th September,  
30th September

### Monday

Tomato & Cheddar Pizza Whirl  
or  
Salmon & Sweet Potato Fishcake

Herb Diced Potatoes  
Mixed Vegetables

Fruit Swirl Cake

### Tuesday

Baked Sausages with  
Mashed Potato & Gravy  
or  
Quorn & Vegetable Paella

Carrots & Peas

Strawberry Mousse & Shortbread

### Thursday

Roast Beef with  
Yorkshire Pudding & Gravy  
or  
Vegetarian Sausage 'Under Wraps' &  
Gravy

Roast Potatoes  
Broccoli & Carrots

Raspberry Ripple Ice Cream Pot

### Wednesday

Smokey Joe Chicken  
or  
Tomato & Cheddar Quiche

New Potatoes  
Green Beans & Sweetcorn

Oaty Apple Crumble & Custard

### Friday

Crispy Baked Fish Fillet  
or  
Crunchy Vegetable Fingers

Oven Baked Chips  
Baked Beans & Garden Peas

Fruity Friday – A choice of Fruit Jelly,  
Fruit Yoghurt or Fresh Fruit

### Available every day –

Homemade fresh (wholegrain) bread, a selection of at least three different kinds of fresh salad, extra fruit, cheese & biscuits, flavoured yogurt, apple & strawberry or real orange jelly. Some dishes may vary due to individual school preferences, policies and cultural consideration – a number of sites also offer additional options of a jacket potato with choice of fillings & or packed lunch – see school's website for details

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NEW

Low SUGAR

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